



2015

Winter & Spring Program Guide

Mayor Marcia A. Leclerc



East Hartford Parks & Recreation

50 Chapman Place, East Hartford, CT 06108

Ph (860)291-7160

Fax (860)282-8239

www.easthartfordct.gov

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The Gazette

LEAGUE CONTACTS

East Hartford offers an array of youth and adult sports programs. The following programs are not administered by the Town of East Hartford Parks & Recreation Department. Please contact the following individuals with questions and concerns for these programs.

Hornets Youth Football, Donell Smith

860-922-8989

Cardinals Youth Football, Tito Correa

860-921-4206

Little League Baseball/Softball, Todd Tofil

860-214-4203, EHLL.org

Men's Softball, Rich Beaulieu

860-644-1190

Youth Soccer, John Bacon

860-655-2555

Boy Scouts, Brian Gorman

860-913-2735

Youth Soccer, Stephanie Duffey

www.EHSC.net, clubinfo@ehsc.net

ehsoccerclub@comcast.net

Adult Soccer, Tom Therrien

860-568-7435

Twilight League Baseball, Chris Kehoe

860-573-4368

American Legion Baseball, Steve Segarra

860-372-3429

Junior Legion Baseball, Steve Segarra

860-372-3429

Stingers Youth Wrestling, Tim Roberts

860-212-2198

CONTACT US AT THE OFFICE

Monday, Tuesday & Wednesday, 8:30 AM- 4:30 PM, Thursdays, 8:30 AM- 7:30 PM and Fridays, 8:30 AM- 12:30 PM. Phone: (860)291-7160, Fax: (860)282-8239

Director Ted Fravel

Assistant Director Jim Uhrig, CPRP, CPSI

Recreation Supervisor Kristine Vincent, CPRP, CPO

Logan Gauvin

Administrative Aides Courtney Collins, Nancy Francis

Administrative Asst. Dayle Decarlo

REGISTRATION INFORMATION

All programs in this brochure are open for registration unless otherwise specified. The Parks and Recreation Dept. reserves the right to cancel any program that does not meet minimum enrollment requirements. Registration must be done in advance. In order to insure the continuance of each program, registrations must be made at least one week before the start of the program unless otherwise indicated.

Online Registration

You are now able to register for most programs from the comfort of your home. Prior to this registration period, make sure you have your WebTrac User ID and Password. Stop by or give us a call at 860-291-7160 to get it. All you need is a credit/debit card and you're ready to go! A 3% processing fee applies.

ID Policy

The Parks & Recreation Department issues photo identification cards to children 7-15 years old providing official proof of residency is shown. Some acceptable forms of identification are magazines, bank statement, medical bill, etc. no older than thirty days. We will also accept report cards, birth certificate, social security, insurance cards if we are able to match the name to the parent's name on a driver's license. The fee is \$6.00 for a three year identification. Residents ages 16 and over must present a valid State of CT Motor Vehicle Operator's License or CT Non-Driver Photo ID Card which indicates their East Hartford address to access programs.

Payment

Payment is due with registration for all trips and other programs. Advanced payment is required for all programs. All checks or money orders must be made payable to the "TOWN OF EAST HARTFORD" and can be either mailed to the Parks and Recreation Department office or delivered in person.

Credit & Debit Card Payments Are Accepted

Pay by Visa, Master Card and Discover credit cards as payment for program registrations and facility reservations. A 3% processing fee will be added for all transactions.

Refund Policy

Refunds will not be issued unless a program is canceled by the Parks and Recreation Dept.

FACILITY RENTALS

We offer meeting rooms available for rental for various functions including Baby Showers, Bridal Showers, Weddings, Birthday Parties, Anniversary Parties, General Meetings, Business Events and much more! Visit www.easthartfordct.gov for complete information and facility pictures.

SELDEN BREWER HOUSE

A small meeting facility with a standing capacity of 60 and 35 seated. A great space for a small shower or meeting!

VETERAN'S MEMORIAL

CLUBHOUSE 100 Sunset Ridge Dr. A large meeting and banquet facility overlooking the Hartford skyline. Full capacity of 150. The perfect spot for your wedding or anniversary party!

COMMUNITY CULTURAL CENTER

50 Chapman Place. Meeting rooms, a 298 seat Auditorium or Lecture Hall and a Gymnasium. A great spot for a birthday party, shower or business meeting.



PICNIC PAVILION RENTALS

Available beginning May 11 through Sept. 13. Sites include Martin Park, McAuliffe, Gorman, Goodwin, Hockanum and Labor Field. Permit fee is \$30 for residents for 4 hours and \$100 for non-residents. Proof of East Htd residency required at time of application.

SOFTBALL FIELD RENTALS

Available to East Hartford residents beginning Monday, May 11 through Aug. 21 based on availability. Permits issued for the current week, Monday through Sunday beginning the Monday of each week. \$5 for a two-hour block of time. Proof of residency required.



SWIM WITH SANTA

Underwater pictures at the pool!

Join Santa as he takes a dip before his long night of delivering presents. Santa will be available for underwater photos and will listen to children make their Christmas requests. Also includes a holiday craft & games. Free to East Hartford residents, must show proof of residency. No pre-registration required.

Friday, December 12

6:30—8:30 PM at the High School Pool

Admission is a new, unwrapped toy

SOUTH WINDSOR ARENA PUBLIC ICE SKATE DAYS

Looking for a fun weekend activity for the whole family to enjoy? Visit South Windsor Arena for the select East Hartford Skate Days to get discounted admission to public skates! Bring any form of ID to prove residency of East Hartford and skate for only \$5! No skates, no problem, rentals for \$3.00.

Friday, Nov. 28th from 12:00pm – 2:00pm

Friday, Dec. 26th from 1:10pm – 3:10pm

January – April Dates TBD

South Windsor Arena,

585 John Fitch Blvd

\$5.00 Admission with East Hartford ID,

\$3.00 Skate Rentals

BUNNY BREAKFAST & EGG HUNT

Saturday, March 28th

Parks & Recreation and the EHHS Student Council present this wonderful event for children age 10 and younger. Tickets required and are available in main office of EHHS or at the Parks & Rec Office.

Breakfast with Peter Cottontail, 9:30 – 11:00 AM

What's better than having pancakes for breakfast? How about having pancakes with the one and only Peter Cottontail while enjoying fun filled activities such as games, crafts, face painting, raffles and more! \$5 adults, \$2 ages 10 & under. EHHS Cafeteria.

Spring Egg Hunt: Ages 10 & under, Beginning at 11:00 AM

Ready, Set...GO! Join us after the Bunny Breakfast for an opportunity to participate in our annual Spring Egg Hunt! Be sure to bring your own bag or basket to collect as many goodies as you can. Keep an eye out for the Golden Eggs! All participants will have an equal opportunity to hunt for eggs by respective age groups.

23rd ANNUAL OFFICER BRIAN A. ASELTON MEMORIAL SNOW DASH

Sunday, January 4th

1:30 PM

Starts and finishes at Langford School, 61 Alps Drive. Proceeds benefit the East Hartford Police Department Child Safety and Crime Prevention and the Officer Brian Aselton Scholarship Fund. Divisions include 17 & under, 18 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, and 80 & up. Trophies awarded for 1st, 2nd, and 3rd in each division for men and women. Official race apparel available for purchase at the time of registration and the day of the race. Advance registration through Dec. 18, 2014 is \$20.00; \$25.00 after Dec. 18 and on race day between 11:00 AM and 1:00 PM. Activity# 14001-3



EAST HARTFORD FAMILY NIGHT HARTFORD WOLF PACK VS SPRINGFIELD FALCONS

East Hartford Special Olympics is looking for your support! Come out for a great night of hockey with the family to see the Hartford Wolf Pack take on the Springfield Falcons at Hartford's newly renovated XL Center! Ticket sale proceeds will go towards Special Olympics East Hartford, and Breast Cancer Research (Komen Connecticut). Held at the XL Center in Hartford.

Activity #: 91002-3

Saturday January 31st, 2015, 7:00pm (Doors Open at 6:00pm)

\$15 per ticket (Must be purchased through East Hartford Parks & Rec.)

East Hartford Alert Network

East Hartford has a new alert service that alerts you to an emergency or an important community alert in your area. This services allows you to sign up to get emergency and community alerts on your cell phone, work phone, text message, e-mail, home phone and more. You can also choose the locations you want to be contacted about. You can receive notifications about emergencies that may affect your home, your parents home, your workplace, and your child's school, as long as those locations are within the boundaries of the city or country. Sign up for this East Hartford Alert Network via our Town Website www.easthartfordct.gov



EAST HARTFORD'S 3rd ANNUAL WELLNESS FAIR

Saturday, May 30, 10 AM
East Hartford Town Green

Eliza's Energy Source, The Fitness Creators in cooperation with the Parks and Recreation Department will be hosting the Town of East Hartford's 3rd Annual Wellness Fair. We invite you to join us in this event as we continue to promote healthy choices and healthy living. We strive to raise awareness on how to live a healthier lifestyle by providing a variety of free screenings, educational materials, healthy products, fitness and cooking demonstrations, and much more. If you would like to be a vendor please contact:

Eliza Kearsse-Westberry

www.elizasenergysource.com

Eliza@elizasenergysource.com

860.997.1703

28th ANNUAL MEMORIAL MILE

Monday, May 25th

Parks & Rec and Board of Ed. Physical Education presents the 28th Memorial Mile preceding the Memorial Day parade. The 1 mile race starts on Scotland Road and finishes just west of Hillside St on Burnside Ave. Awards presented for men & women, 9 & under, 10-11, 12-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 & up. T-shirts issued to all pre-registrants as of May 8 and on race day if available.

Activity # 10015-3. Race begins at 10:20 AM. Fee: \$15 by May 8th After May 8th \$20. Race day registration and check-in at Martin Park from 8:30 - 9:45 AM.

21st ANNUAL SKYHOUNDZ CANINE DISC Championships

Thursday, May 14

6:00 PM, McAuliffe Park

Dogs will be taking to the skies...the premier athletic competition for dogs! It attracts the most entertaining four-legged athletes in the area. Families are invited to enjoy this unique event and applaud these talented canine athletes entertainers. For more information about entering the local competition, contact the Parks & Rec Dept. Open to all veteran and novice dogs that can catch a flying disc. Registration is on site and it is not necessary to have competed previously. Free to everyone.

Activity # 10014-1



BASEBALL GAMES & DESTINATION BUS TRIPS

The Parks & Recreation Department offers an array of bus trips in the winter, spring and summer to many destinations throughout greater New England and beyond. Fenway Park and Yankee Stadium season openers are sure to be included as well as games throughout the spring and summer. Check our website at www.easthartfordct.gov for a complete listing after January 2nd.

Destination Bus Trips Include:

- Boston Tea Party Museum
- Dutch's Spirits Historic Prohibition Museum
- 9/11 Memorial and Museum
- Brooklyn's Little Russia & Coney Island
- Delaware & Ulster Railroad
- Radio City Christmas Spectacular
- Macy's Thanksgiving Day Parade
- New York On Your Own

Major League Baseball Trips

Yankees at Yankee Stadium vs Toronto, Mets, Texas, LA Angels, Oakland, Seattle, Boston, Cleveland & Baltimore.

Red Sox at Fenway Park vs. Detroit & Seattle.

PHYSICAL HEALTH and MENTAL HEALTH CARE



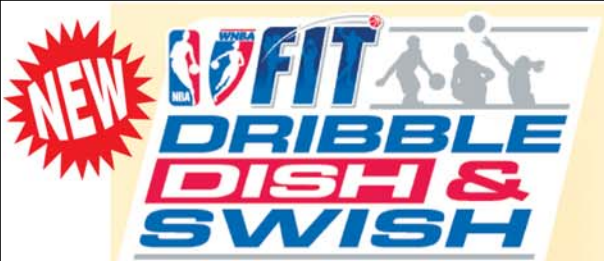
for Adults, Children & Families
Call today: 860-569-5900



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www.intercommunityct.org



NBA DRIBBLE, DISH & SWISH COMPETITION *Ages 7—12*

Local youth have the opportunity to participate in the NBA Fit Dribble, Dish & Swish competition. This competition gives athletes the opportunity to showcase their excellence in the core basketball skills of dribbling, passing and shooting. On the day of the event, all participants **MUST** bring a copy of their birth certificate and complete a registration form prior to competing. No pre-registration is necessary.

Saturday December 27th
Beginning at 10:00am
Community Cultural Center Gymnasium
This is a free program.



FUN DAYS SCHOOL VACATION CAMPS *Grades K—8*

Just because it isn't summer, doesn't mean you can't go to camp! Each day at Fun Days Vacation Camps will have a different theme day, planned field trip or special event along with crafts, indoor/ outdoor games and activities for all ages! All while spending time with friends and making new ones. Campers are asked to provide their own lunch and snack. Every camper will receive a **FREE** Fun Days Camp Shirt!
*Special: Sign-up for both camps for \$180.

8:00am – 4:00pm Normal Hours
4:00pm – 5:00pm Extended Hours (*extra fee*)
Held at the Community Cultural Center

December 26, 29, 30, 31

Activity # 12200 – 1,2,3,4
\$25 Per Day or \$90 for the Week, \$5 per day for extended hour

April 6th, 7th, 8th, 9th & 10th

Activity # 42200-1,2,3,4,5
\$25 per day or \$110 for the week, \$5 per day for extended hour



Photo property of Performing Arts Programs, Inc.

YOUTH ACTING CLASSES

Presented by Performing Arts Programs, Inc
Grades K through 6th

The ideal class for current & future sitters. Learn the best ways to be safe and keep children in their care safe, including how to manage real-life situations, tips on finding babysitting opportunities, diapering, feeding, leadership and professionalism.

Tuesdays, Feb. 3—March 24, No Class 2/17
Community Cultural Center Auditorium
Fee: \$49 residents, \$59 non-residents

Kindergarten—2nd Grade: 5:00—5:45 PM

Activity # 12920-1

Grades 3—6: 5:50—6:45 PM

Activity # 12920-2



TEEN ACTION GROUP *for 7th & 8th graders*

We're looking for enthusiastic 7th & 8th graders to assist with activities & events throughout the school year. Events include Santa's Visit, Christmas Tree Lighting, Teen Dances and Spring Egg Hunt. Meetings held after school on Tuesdays, Dec. 16, Feb. 10, Mar. 17 Room #23 at EHMS. Activity #: 92401

TEEN DANCES

For 6th, 7th & 8th Graders at East Hartford Middle School & 7th & 8th grades at St. Christopher or 2 Rivers Magnet School

East Hartford Middle School cafeteria. 6th graders who attend EHMS will be eligible to attend. No other 6th graders will be allowed.

Purchasing Tickets and ID Policy Season pass: 4 dances \$20. Individual tickets \$8 at Parks & Rec. No tickets sold at the Parks & Rec office the day of a dance. A limited amount of tickets will be sold at the door the evening of each dance for \$10. Students must present their valid Town I.D. or Middle School I.D. card to purchase tickets and to enter each dance. Parents may purchase tickets provided they have their child's valid Town ID or School I.D. Advance ticket sales will take place at the Parks and Rec. office the week of each dance. *Tickets can't be transferred or resold.* Replacement for lost full season ticket is \$10.00.

Entry and Early Leave Policies Enter & exit through the auditorium entrance in front of the school. Students must make advance arrangements for transportation by 9:00 PM. No access to a telephone on the school premises. Once students exit a dance, they will not be allowed to re-enter. Students who leave early must sign out.

Dance Dates: 6:30—9:00 PM

Friday, Dec. 12, Activity# 92404-3 Friday, Jan. 9, Activity# 92404-4
Friday, Feb. 20, Activity# 92404-5 Friday, Mar. 20, Activity# 92404-6

BABYSITTER'S TRAINING COURSE

Ages 11 to 15

The ideal class for current & future sitters. Learn the best ways to be safe & keep children in their care safe, including how to manage real-life situations, tips on finding babysitting opportunities, diapering, feeding, leadership & professionalism.

Activity # 32800-1

Saturday, March 21 from 9:00 AM—4:00 PM

Community Cultural Center Rm 101

Fee: \$45 residents, \$55 non-residents

TEEN BASKETBALL *7th - 12th Grade*

Held at Hockanum & O'Brien schools. Supervised Parks & Recreation staff at no charge. Participants must show their Town ID card and proof of present grade level, or EHHS/EHMS ID in order to register for the program. Held Mondays, Wednesdays and Fridays from 6:30—8:45 PM, Nov. 10—Feb. 20

TEEN SPORTS: INDOOR SOCCER

For East Hartford Middle School students in grades 6, 7 & 8, including St. Chris & 2 Rivers Magnet School 7th & 8th graders.

Students must pre-register for each sport event through the Teen Action Group at EHMS or at the Parks & Rec office. Students are required to pre-arrange their own transportation from the school after the events conclude. Free to all.

East Hartford Middle School

3:00 – 4:30 PM

Fridays, Dec. 12, Jan. 9 Feb. 20, March 20

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

Ages 15 & up, held at the Middle School

Learn safety & rescue techniques designed to prevent & respond to a variety of emergencies. Pre-requisites include a 300 yard swim with front crawl and breast stroke & a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Must be 15 years old by the completion of the course. **Fee:** \$165 residents, \$265 non-residents. **MUST ATTEND ALL CLASS DATES!**

WINTER CLASS

Friday, Dec. 26, Monday, Dec. 29, Tuesday, Dec. 30, Wednesday, Dec. 31, Friday, Jan. 2 from 9:00 AM—5:00 PM. Activity #52111-1

SPRING CLASS

Monday through Friday, May 11—22 from 5:30—9:30 PM. Activity #52111-2

SUMMER CAMP 2015 FINANCIAL AID APPLICATIONS

Available in March. Must provide a copy of the head of the household's 2014 Federal Income Tax Statement and a copy of the child's birth certificate. Deadline to apply is April 30th, 2015

HORNETS & TRACK FIELD CHAMPIONSHIPS

Grades 3rd—8th

Introduces kids to physical fitness through basic track and field events. All athletes must qualify for entry into the Town meet through their physical education classes. The Town meet will be held on Monday, May 11th at 5:30 PM. Rain date Wednesday, May 13th.

Build Up Series

Prepare for the Track & Field Championships! Instruction in standing long jump and softball throw techniques, relay passes, sprints and distance races. Pre-registration required for this free program.

Activity # 42600-1

Wednesdays, April 15, 22, 29, May 6 from 5:30 – 6:30 PM

East Hartford High School Track

DEVELOPMENTAL TRACK & FIELD MEETS

Ages Preschool -Adult

4 week program has seven age groups from preschool to over 30. Award ribbons distributed at each meet to top three overall age group places with trophies awarded at the completion of the program to those who score the most points in their respective age groups.

Activity # 54008, 6:00 PM

East Hartford High School Track Fee: \$5 per night, \$15 for entire series

Tuesdays, June 2 & 16

Events: long jump, 200 meters, mile, 400 meters and 4x100 relay.

Tuesdays, June 9 & 23

Events: shot put (softball throw for young children), 100 meters, 800 meters, mile and 4x100 relay.



TEEN AND ADULT SOCIAL CLUB for Special Needs Ages 13 & up

From bowling and the movies to tie-dye and dances, there's something for everyone. Our experienced staff will provide a night of supervision and activities in addition to facilitating group interaction and fostering positive behaviors. Staff are trained in the field of special education and are able to provide the necessary skills to facilitate the program.

All New facility...the North End Senior Center located at 30 Remington Road is now open for drop-in nights...no pre-registration necessary! Simply pay the drop-in fee when you sign in. Activities include movies, dances, games, crafts, socializing with friends!

Drop-In Nights at the North End Senior Center

Fee: \$5.00 per night. Open the following Fridays from 6:00—9:00 PM.



Friday, Jan. 23: Crafts, Games & Movies

Friday, Feb. 20: Valentines Dance, Music & DJ

Friday, March 20: Make Your Own Ice Cream Sundaes!

Friday, April 24: Surprise...drop by and see what's in store for the night!

Friday, May 15: End of the year Dance, music & prizes!

TRIPS & OUTINGS

You must provide your own transportation to and from each event, except the Lake Compounce trip.

Friday, Jan. 9th, Bowling at Holiday Lanes
\$9.00 pre-registration, \$16 drop-in. Drop off at 6:30 PM at Holiday Lanes, 39 Spencer Street in Manchester. Pickup at 8:30 PM. Activity #11000-9

Friday, February 6, RAVE Cinemas
\$9 pre-registration, \$13.00 drop-in. 99 Redstone Rd, Manchester. Drop off and pickup TBA depending on movie time. Movie announced 1 week before event. Activity #11000-10

Friday, March 6 Nomads Adventure Quest
\$12.00 pre-registration, \$17.00 drop-in. Drop off at 6:30 PM at 100 Bidwell Rd, South Windsor. Pickup at 8:30 PM. Activity #11000-11

Friday, April 17 Past Dinner at Long Hill
\$10.00 pre-registration, \$15.00 drop in fee. Held at Long Hill Country Club. Drop off at 6:00 PM, pickup at 7:45 PM. Activity #11000-11

Saturday, May 9... End of Year Trip to Lake Compounce! Drop off at the EH Cultural Center at 11:00 AM, pick up at 4:30 PM. Fee: \$28.00, Day of \$35.00. Bus transportation provided. Activity #11000-11

East Hartford Parks & Recreation



SPECIAL OLYMPICS



SWIMMING *Ages 8 & up*

Do you like to swim? Join the Special Olympics Swimming Program today! This is a great way to meet new friends and participate in a healthy fitness activity. Athletes must have an updated medical and release form on file prior to participating. You **MUST** pre-register for this program, payment will not be accepted day of.

Meets from 8:30—10:00 AM at the Middle School Pool

Fee: \$50 Residents, \$60 Non-Residents

Winter Session

Activity # 11006-1

Saturdays, Jan. 10th – Feb. 28th

Spring Session

Activity # 31006-1

Saturdays,
Mar. 28th – May 30th

Basketball *Ages 8 & up*

Come out and play, join your friends, meet new people and brush up on your basketball skills. Evening practices get us ready to play in the State Games! Athletes must have an updated medical and release form on file prior to participating. You **MUST** pre-register for this program, payment will not be accepted day of.

Activity # 11001-1

Meets from 6:00 – 8:30 PM at the East Hartford High Gym

Dates: Wednesdays, Jan. 7th – March 11th

Fee: \$55 Residents, \$65 Non-Residents

Bowling *Ages 8 & up*

Time to rack up the strikes and brush up on your bowling skills! New to bowling? No worries, this is a great opportunity to learn the game while meeting new friends and seeing what Special Olympics bowling is all about. Athletes must have an updated medical and release form on file prior to participating. You **MUST** pre-register for this program, payment will not be accepted day of.

Activity # 11002-2

Meets from 10:00 AM – 12:00 PM at Silver Lane AMF Bowl

Dates: Saturdays, Jan. 3rd – Feb. 21st

Fee: \$65 Residents, \$75 Non-Residents

Track & Field *Ages 8 & up*

Do you like to run and jump? Join the track and field program. Special Olympics provides sport training and athletic competition in a variety of Olympic-type sports.

Activity # 31005-1

Meets from 9:30 AM—12:00 Noon at Middle School Track

Dates: Saturdays March 28th – May 30th

Fee: \$55 Residents, \$65 Non-Residents.

Unified Floor Hockey *Details coming 2015!*

OPEN SWIM HOURS AT THE HIGH SCHOOL POOL

Tuesdays, Wednesdays, Thursdays, Fridays, 6:30—8:30 PM.
Mondays, 7:30—8:30 PM. *Closed for school holidays & cancellations.*

Must present a photo ID card or Drivers License to gain admission.
Children ages 7 – 15 must present a Parks & Recreation ID or an EH public school picture ID to gain admittance. Children 6 years and under must be accompanied by a parent or guardian with proper I.D. Non-residents can enroll for a fee of \$120 a year, pro-rated on a monthly basis or pay daily admittance of \$5.00. Residents unable to provide proper identification must also pay the \$5.00 fee. Visit www.easthartfordct.gov for a complete listing of pool rules.

HIGH SCHOOL POOL ADULT LAP SWIM HOURS

Early Mornings: Mondays, Wednesday & Fridays from 6:15 - 7:15 PM
Evenings: Monday through Friday, 8:30—9:15 PM.

**SWIM LESSONS AT THE MIDDLE SCHOOL POOL**

\$40 Residents/\$50 Non-Residents

Swim Lessons are taught by American Red Cross Certified Lifeguards and emphasize water safety, drowning prevention & and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Classes are held once a week for 8 weeks.

WINTER SESSION

Mondays, Jan. 12—March 16, No Class 1/19, 2/16

Thursdays, Jan. 15—March 5

Saturdays, Jan. 17 – March 14, No Class 2/14

SPRING SESSION

Mondays, April 13—June 8, No Class 5/25

Thursdays, April 16—June 4

Saturdays, April 18—June 6

WATERBABIES 6 months to 3 yrs

Parents & children water exploration..feel comfortable in water.

Thursdays, 6:40—7:10 PM Winter #13409-1, Spring #43409-1
Saturdays, 10:35—11:05 AM Winter #13409-2, Spring #43409-2

PRESCHOOL LEVELS 1, 2 & 3 Ages 4 & 5

Children participate in several guided practice sessions that help them learn elementary skills, including bubble blowing, front and back kicking and floating and experience underwater exploration and more. Child placed in level based on ability.

Thursdays, 6:40—7:10 PM Winter # 13400-1, Spring # 43400-1
Saturdays, 10:00—10:30 AM Winter # 13400-2, Spring # 43400-2

LEVEL 1: Introduction to Water Skills Ages 6 & up

Introduction to swimming and basic water skills.

Mondays, 6:40—7:20 PM Winter # 13401-1, Spring # 43401-1
Saturdays, 10:35—11:15 AM Winter # 13401-2, Spring # 43401-2

LEVEL 2: Fundamental Aquatic Skills

Gives students independent success with fundamental skills.

Mondays, 6:40—7:20 PM Winter # 13402-1, Spring # 43402-1
Saturdays, 11:20—12:00 PM Winter # 13402-2, Spring # 43402-2

LEVEL 3: Stroke Development

Swim stroke development, builds on skills from Level 2.

Mondays, 7:25—8:05 PM Winter # 13403-1, Spring # 43403-1
Saturdays, 11:20—12:00 PM Winter # 13403-2, Spring # 43403-2

LEVEL 4: Stroke Development

Stroke improvement, confidence & strength to improve skills.

Thursdays, 7:15—7:55 PM Winter # 13404-1, Spring # 43404-1
Saturdays, 12:05—12:45 PM Winter # 13404-2, Spring # 43404-2

LEVEL 5: Stroke Refinement

Stroke refinement, coordination of strokes and distances.

Thursdays, 7:15—7:55 PM Winter # 13405-1, Spring # 43405-1
Saturdays, 12:05—12:45 PM Winter # 13405-2, Spring # 43405-2

LEVEL 6: Swimming & Skill Proficiency

Mastery of swim skills and fitness development.

Thursdays, 7:15—7:55 PM Winter # 13406-1, Spring # 43406-1
Saturdays, 12:05—12:45 PM Winter # 13406-2, Spring # 43406-2

ADULT SWIM LESSONS

For those 18 & up looking to swim. Beginners thru advanced.

Mondays, 7:25—8:05 PM Winter # 13410-1, Spring # 43410-1

SEMI-PRIVATE Swim Lessons at the High School Pool

Small class instruction. Limit 2 per class. Taught by one of our veteran swim lesson instructors. Classes held on Mondays and Wednesdays from 7:00—7:30 PM or 7:30—8:00 PM
Fee: \$59 residents, \$69 non-residents

Dates	7:00 PM	7:30 PM
Jan. 12-26 No Class 1/19	Activity # 13413-1	Activity # 13413-2
Feb. 2-11	Activity # 13413-3	Activity # 13413-4
Feb. 23-Mar. 4	Activity # 13413-5	Activity # 13413-6
Mar. 11-23	Activity # 13413-7	Activity # 13413-8
Mar. 30-Apr. 15	Activity # 13413-9	Activity # 13413-10
No class 4/6, 4/8		
April 20-29	Activity # 13413-11	Activity # 13413-12
May 4-13	Activity # 13413-13	Activity # 13413-14

PRIVATE SWIM LESSONS

One-on-one private lessons are available. Please email our private swim instructor at dolfin2479@yahoo.com to schedule a mutually convenient time.



ZUMBA FITNESS

Dance based fitness class that uses a fusion of Latin and international rhythms with easy-to-follow moves. It includes both cardio & resistance training components designed to tone and sculpt the entire body. Designed for all adults of all ages and fitness levels. Class participants at any level can start Zumba right away. Bring a waterbottle.

Tuesdays & Thursdays from 6:00 - 7:00 PM
\$71 for 20 classes
Sunset Ridge School Gym

Winter Session

Jan. 8—March 19
No Class 2/17
Activity # 14602-2

Spring Session

March 31—June 11
No Class 4/7, 4/9
Activity # 34602-2



INSANITY FITNESS

Dance based fitness class that uses a fusion of Latin and international rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body. Zumba is designed for all adults of all ages and fitness levels. Class participants at any level can start Zumba right away. Bring a waterbottle.

Mondays & Wednesdays 6:00 - 7:00 PM
\$71 for 20 classes
Location TBA

Winter Session

Jan. 7—March 23
No Class 1/19, 2/16
Activity # 14604-1

Spring Session

April 1—June 17,
No Class 4/6, 4/8/ 5/25
Activity # 44604-1

PILATES

Blend strength, flexibility & balance exercises to improve posture and unite mind and body. This mat-based program creatively combines Yoga, Dance Therapy and traditional floor exercise focusing on strengthening and toning the abdomen and back. Bring a mat and 10" play ball.

Tuesdays & Thursdays from 7:15 — 8:00 PM
Sunset Ridge School Cafeteria
\$71 for 20 classes

Winter Session

Jan. 8—March 19
No Class 2/17
Activity # 14603-1

Spring Session

March 31—June 11
No Class 4/7, 4/9
Activity # 34603-1



AQUA ZUMBA

Splashing, stretching, twisting, even shouting, hooting and hollering are often heard during an Aqua Zumba class. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief. Instructor: Karen Chorney

Mondays & Wednesdays from 6:30—7:30 PM
High School Pool

Fee: \$64 session/8 classes, \$9.00 per class drop in fee

Mondays, Jan. 26-Feb. 9

Fee: \$24, Activity #13621-1

Wednesdays, Jan. 21-Feb. 18

Fee: \$40, Activity 13621-2

Mondays, Feb. 23-Mar. 30

Fee: \$48, Activity 93621-3

Wednesdays, Feb. 25- Apr. 1

Fee \$48, Activity #93621-4

Mondays, Apr. 13- May 18

Fee: \$48, Activity 13621-5

Wednesdays, April 15-

May 20

Fee: \$48, Activity 13621-6

Mondays, June 1- 22

Fee: \$32, Activity 13621-7

Wednesdays, June 3-24

Fee: \$32, Activity 13621-8

WEIGHT-LESS WATER WALKING

Men & women are encouraged to participate while wearing a water belt for buoyancy in a no impact deep water workout. Get the benefits of sports movements like weight lifting, bicycling, cross country skiing and more. Intensity can be tailored to your ability level. Bring a water bottle, your smile and have fun! Guided meditation and stretch at the end of class.

Mondays & Wednesdays from 7:30 - 8:30 PM
High School Pool

\$58 Residents, \$65 Non-Residents/18 classes

Winter Session

Activity # 13620-2

Jan. 12—March 18

No Class 1/19, 2/16

Spring Session

Activity # 43620-2

March 30—June 8

No Class 4/6, 4/8, 5/25

HYDRO FUN

Exercise in the water to music; an easy and fun way to stay fit. This class is for anyone 16 years old and over. Exercising in water allows more flexibility with challenge of added resistance from the water.

Tuesdays & Thursdays from 7:30 - 8:30 PM
High School Pool

\$58 Residents, \$65 Non-Residents/18 classes

Winter Session

Activity # 13620-1

Jan. 13—March 17

No Class 2/17

Spring Session

Activity # 43620-1

March 31—June 4

No Class 4/7, 4/9

LOW IMPACT AEROBICS

A great cardiovascular workout that gets you moving with minimal orthopedic stress!

Tuesdays & Thursdays from 5:30—6:30 PM
Community Cultural Center Gym
\$70 for 20 classes

Winter Session

Jan. 13—March 19

Activity # 15802-1

Spring Session

March 31-June 4

Activity # 35802-1



ALL-IN-ONE FITNESS

Here's your chance to try it all. This program is designed to allow you to try all the top aerobic conditioning programs including Hi Lo Aerobics, Cardio Kickboxing, Step Aerobics, Low Impact Aerobics with weights and circuit training. In addition to the aerobic component you will increase your flexibility, muscle strength, core stability, balance and coordination.

Tuesdays & Thursdays from 9:15—10:15 AM
Community Cultural Center Gym
\$56 residents, \$66 non-residents per session for 16 classes

Jan. 6—Feb. 26	Activity # 16802-1
March 3—April 23	Activity # 16802-2
April 28—June 18	Activity # 16802-3

LINE DANCING

This is such a fun class! Here's your chance to learn to dance. Featuring new country, hip hop and top 40's music. Have a blast learning something new and meet a group of great people. We provide 2 instructors that are on the floor to help throughout the night. New dancers are strongly encourage to attend and experience something new. Our classes offer beginner dances thru intermediate dances to be taught each week.

Tuesdays from 6:30—8:45 PM at the Anna Norris School Gym
\$40 residents, \$50 non-residents, for 10 classes

Winter Session

Activity # 15222-1
Jan. 13—Mar. 24, No Class 2/17

Spring Session

Activity # 45222-1
Apr. 14—June 16, No Class 4/7

ADULT OPEN BASKETBALL

For EH adults 18 & over basketball at Dandley Gym and ages 25 and over in the Auxiliary Gym. When EHHS is unavailable due to school events Goodwin School will be the alternative location. Basketball sneakers mandatory. All participants must complete a registration form the first evening they attend.

Activity # 11501-1
Mon & Thurs, Nov. 10 - Feb. 9 from 6:30—9:30 PM
East Hartford High School Gyms
Drop in: \$2 residents, \$4 non-residents,
Season Pass: \$20 residents, \$40 non-residents

Senior Center Programs

South End Senior Center, 70 Canterbury Street, East Hartford. Open Monday – Friday, 8:30 AM – 4:30 PM. Phone: (860)568-4281. We offer a variety of fitness and enrichment classes, health and wellness screenings, and educational, cultural and social programs to East Hartford residents ages 55 and older. Many of our programs and activities are free. View our monthly newsletter, The Golden Ager at www.easthartfordct.gov. For session dates, fees and registration information, please call Senior Services at 860-568-4281 or 860-895-1517 or visit the office. Classes are held at the South End Senior center. The following classes are currently offered.

Broadway Dance Fitness: Tuesdays, 11:45 AM—12:30 PM
Embroidery/Knit/crochet: Wednesdays, 12:30—2:30 PM
Energetic Exercise: Tuesdays & Thursdays, 10:35—11:35 AM
Gentle Movement Chair Exercise: Fridays, 11:30 —12:15 PM
All Levels Painting: Fridays, 9:30—11:30 AM
Powerful Aging: Mondays, 2:30—3:30 PM
Tai Chi (Beginner): Mondays, 10:30—11:30 AM
Tai Chi (Intermediate): Fridays, 10:00—11:00 AM
Tap Dance (Beginner): Thursdays, 9:15—10:00 AM
Tap Dance (Experienced): Tuesdays, 9:30—10:30 AM
Yoga: Tuesdays, 1:30—2:30 PM
Zumba for Seniors: Mondays & Wednesdays, 9:15—10:15 AM
Senior Aqua Aerobics: Mon, Tues, Thurs, 4:30—5:30 PM
held at the Middle School Pool

INTRODUCTION TO CRIBBAGE

Join this all new program designed to teach the beginner how to play the very unique game of cribbage. Using a board, peg and a deck of cards, this game may be played with two or more players. If you need to purchase a board, please email instructor Joan Fletcher at jflet@earthlink.net

Activity # 15223-1
6:30—8:00 PM
Thursdays, Jan. 29—March 19
EH Community Cultural Center Rm. 103
Fee: \$15.00 for 8 weeks of instruction and play



COUPON

\$5.00 off any NEW program

For the following Parks & Recreation Department classes only. Good for Performing Arts Class, Insanity Fitness Class, Introduction to Cribbage, 1 Teen & Adult Social Club Drop-In Night at the North End Senior Center.

ARE YOU CONCERNED ABOUT HOW YOUR CHILD IS DOING IN SCHOOL?

**East Hartford parents can get free legal assistance
with the educational needs of their children.**



PHOTO COURTESY OF THE EAST HARTFORD GAZETTE

What we can do for you:

- Request and evaluate your child's school records.
- Help you understand PPT summaries and educational tests.
- Advocate for your child at school meetings.
- Work with your child's therapist.
- Represent your child at an expulsion hearing.
- Advocate for fair school discipline.

Call Attorney Rafael Rodriguez Cruz at (860) 541-5052, or stop by the East Hartford Public Library (50 Chapman Street, East Hartford, CT 06108) any Tuesday between 9:00 AM and 1:00 PM. No need for appointment.

GREATER HARTFORD LEGAL AID
999 Asylum Avenue, Hartford, CT 06105